

# Rallying for Resilience:

Keeping Children and Youth Active in a Changing Climate



## How can schools and educators support kids' physical activity?

With our climate changing at an alarming rate, how can schools and educators help children and youth face adversity, move more and build resilience? The **2024 ParticipACTION Report Card on Physical Activity for Children and Youth** contains several recommendations to help improve four key grades:

### Overall Physical Activity: D+

- Involve students in developing physical education curricula, policies and outdoor play spaces.
- Prioritize physical education and daily physical activity with the same respect as core subjects like math, science and social studies.
- Integrate the topic of climate change into the physical education curriculum, including the causes, health effects and possible prevention measures.

### Sedentary Behaviours: D

- Implement recent [International School-Related Sedentary Behaviour Recommendations](#), which suggest limiting classroom screen use and incorporating frequent breaks from sedentary behaviour throughout the school day.
- Replace sedentary and screen time with indoor active play during climate events that limit outdoor play and organized sports.

### Active Transportation: C-

- Develop school travel plans that encourage students to use active transportation to reduce vehicle congestion, motor vehicle collisions, carbon emissions and exposure to air pollution.
- Address safety concerns surrounding active transportation by educating students' parents, guardians and/or support networks about the low risks involved and encouraging students to travel with their peers (e.g., "[walking school bus](#)").

### Active Play: D-

- Implement daily physical activity policies and strategies to protect active play when recess is moved indoors because of climate-related risks.
- Promote and support outdoor and, when possible, nature-based play and active learning opportunities, not only given their link with increased physical activity and improved mental health, but also to promote children's planetary connection and environmental stewardship.

Read the [2024 ParticipACTION Report Card on Physical Activity for Children and Youth](#) to learn more.